


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">YMCA Hours: Monday-Thursday: 5:00am-10:00pm Saturday: 8:00am-6:00pm</p> <p align="center">Friday: 5:00am-9:00pm Sunday: 1:00pm-6:00pm</p> <p align="center">Childwatch Hours: Monday-Friday 8a-12p Saturday 8a-12:30p</p> <p align="center">Monday-Thursday 4p-8:15p Friday 4p-7p</p> <p align="center">PLEASE NOTE THAT CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p align="center"><i>*-Class meets in the Boardroom</i></p>		 <p align="center">FEBRUARY IS AMERICAN HEART MONTH</p>			
<p>1 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water- Suzette 9a-10a Hi/Lo- Kyrin 9:15a-10:10a Basic Water- Suzette 10a-11a Yoga- Debbie 1:30p-2:30p SilverSneakers®MSROM- Linda 5:30p-6:30p Cycle- Lori 5:30p-6:30p Zumba- Marissa 5:30p-7p Stretch & Strengthen Yoga- Cindi* 6:30p-7:30p Cardio Circuit- Jennipher 7p-8p- Basic Water-Julianne</p>	<p>2 8:15a-9:10a Deep Water- Kathleen 9a-9:30a Sculpt Express- Jessie 9:15a-10a Stretch & Tone Water-James 9:30a-10:30a Cycle-Jessie 4:30p-5:30p Cycle- Connie 5:30p-6:25p Cardio Kickbox-Sherry 5:30p-6:25p Techno Tuesday Cycle - Jennipher 6:30p-7:30p Drop It, Rip It- Jennipher</p>	<p>3 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water- Kathleen 9a-9:25a Circuit Breaker- Suzette 9:15a-10:10a Basic Water- Pam S 9:30a-10a Pilates- Suzette 10:30a-11:30a- SilverSneakers® Cardio Circuit-Debbie 5:30p-7p Core Fusion Yoga- Cindi* 5:30p-6:30p Cycle- Paul 5:45p- 6:25p Step- Jennipher 6:30p-7:30p Zumba- Jennipher</p>	<p>4 8:15a-9:10a Deep Water- Kyrin 9:15a-10a Stretch & Tone Water- James 9:30a-10:25a Cycle- Lori 10a-10:30a Cardio Express- Pam S 10:30a-11a Sculpt Express- Pam S 4:30p-5:30p Cycle- Connie 5:30p-6:30p Cardio Kickbox - Pam B. 5:30p-6:30p Cycle Circuit- Paul 6:30p-7:00p BLT- Paul 7:00p-7:30p Power Abs- Paul 7p-8p- Basic Water-Jermaine</p>	<p>5 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt- Cathy 8:15a-9:10a Deep Water- Suzette 9a-9:30a Cardio Express-Debbie 9:15a-10:10a Basic Water- Suzette 9:30a-10a Sculpt/Yoga Fusion-Debbie 10a-10:30 Yoga Stretch-Debbie 10:30a-11:30a Silver Sneakers® MSROM-Debbie</p>	<p>6 8:30a-9:25a Cycle-Lori 9a-9:30a Cardio Kickbox - Pam B 9:30a-10a Dance Fusion- Pam B 10a-11:30a Yoga-Caroline 10a-11a Basic Water- Jermaine</p>
<p>8 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water- Suzette 9a-10a Hi/Lo- Kyrin 9:15a-10:10a Basic Water- Suzette 10a-11a Yoga- Debbie 1:30p-2:30p SilverSneakers®MSROM- Linda 5:30p-6:30p Cycle- Sherry 5:30p-6:30p Zumba- Marissa 5:30p-7p Stretch & Strengthen Yoga- Cindi* 6:30p-7:30p Cardio Circuit- Jennipher 7p-8p- Basic Water-Julianne</p>	<p>9 8:15a-9:10a Deep Water- Kathleen 9a-9:30a Sculpt Express- Jessie 9:15a-10a Stretch & Tone Water-James 9:30a-10:30a Cycle-Jessie 4:30p-5:30p Cycle- Connie 5:30p-6:25p Cardio Kickbox-Sherry 5:30p-6:25p Techno Tuesday Cycle - Jennipher 6:30p-7:30p Drop It, Rip It- Jennipher</p>	<p>10 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt-Kimberly 8:15a-9:10a Deep Water- Kathleen 9a-9:25a Circuit Breaker- Suzette 9:15a-10:10a Basic Water- Pam S 9:30a-10a Pilates- Suzette 10:30a-11:30a- SilverSneakers® Cardio Circuit-Debbie 5:30p-7p Core Fusion Yoga- Cindi* 5:30p-6:30p Cycle- Paul 5:45p- 6:25p Step- Jennipher 6:30p-7:30p Zumba- Jennipher</p>	<p>11 8:15a-9:10a Deep Water- Kyrin 9:15a-10a Stretch & Tone Water- James 9:30a-10:25a Cycle- Lori 10a-10:30a Cardio Express- Pam S 10:30a-11a Sculpt Express- Pam S 4:30p-5:30p Cycle- Paul 5:30p-6:30p Cardio Kickbox - Sherry 5:30p-6:30p Cycle Circuit- Paul 6:30p-7:00p BLT- Paul 7:00p-7:30p Power Abs- Paul 7p-8p- Basic Water-Jermaine</p>	<p>12 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt- Cathy 8:15a-9:10a Deep Water- Suzette 9a-9:30a Cardio Express-Debbie 9:15a-10:10a Basic Water- Suzette 9:30a-10a Sculpt/Yoga Fusion-Debbie 10a-10:30 Yoga Stretch-Debbie 10:30a-11:30a Silver Sneakers® MSROM-Debbie</p>	<p>13 8:30a-9:25a-Paul 9a-9:30a Cardio Kickbox - Pam B 9:30a-10a Dance Fusion- Pam B 10a-11:30a Yoga-Cindi 10a-11a Basic Water- Jermaine</p>
<p>15 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water- Suzette 9a-10a Hi/Lo- Kyrin 9:15a-10:10a Basic Water- Suzette 10a-11a Yoga- Debbie 1:30p-2:30p SilverSneakers®MSROM- Linda 5:30p-6:30p Cycle- Sherry 5:30p-6:30p Zumba- Marissa 5:30p-7p Stretch & Strengthen Yoga- Cindi* 6:30p-7:30p Cardio Circuit- Jennipher 7p-8p- Basic Water-Julianne</p>	<p>16 8:15a-9:10a Deep Water- Kathleen 9a-9:30a Sculpt Express- Jessie 9:15a-10a Stretch & Tone Water-James 9:30a-10:30a Cycle-Jessie 4:30p-5:30p Cycle- Connie 5:30p-6:25p Cardio Kickbox-Sherry 5:30p-6:25p Techno Tuesday Cycle - Jennipher 6:30p-7:30p Drop It, Rip It- Jennipher</p>	<p>17 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt-Kimberly 8:15a-9:10a Deep Water- Kathleen 9a-9:25a Circuit Breaker- Suzette 9:15a-10:10a Basic Water- Pam S 9:30a-10a Pilates- Suzette 10:30a-11:30a- SilverSneakers® Cardio Circuit-Debbie 5:30p-7p Core Fusion Yoga- Cindi* 5:30p-6:30p Cycle- Paul 5:45p- 6:25p Step- Jennipher 6:30p-7:30p Zumba- Jennipher</p>	<p>18 8:15a-9:10a Deep Water- Kyrin 9:15a-10a Stretch & Tone Water- James 9:30a-10:25a Cycle- Lori 10a-10:30a Cardio Express- Pam S 10:30a-11a Sculpt Express- Pam S 4:30p-5:30p Cycle- Connie 5:30p-6:30p Cardio Kickbox-Sherry 5:30p-6:30p Cycle Circuit- Paul 6:30p-7:00p BLT- Paul 7:00p-7:30p Power Abs- Paul 7p-8p- Basic Water-Jermaine</p>	<p>19 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt- Cathy 8:15a-9:10a Deep Water- Suzette 9a-9:30a Cardio Express-Debbie 9:15a-10:10a Basic Water- Suzette 9:30a-10a Sculpt/Yoga Fusion-Debbie 10a-10:30 Yoga Stretch-Debbie 10:30a-11:30a Silver Sneakers® MSROM-Debbie</p>	<p>20 8:30a-9:25a Cycle -Sherry 9a-9:30a Cardio Kickbox - Pam B 9:30a-10a Dance Fusion- Pam B 10a-11:30a Yoga John 10a-11a Basic Water- Jermaine</p>
<p>22 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt- Kimberly 8:15a-9:10a Deep Water- Suzette 9a-10a Hi/Lo- Kyrin 9:15a-10:10a Basic Water- Suzette 10a-11a Yoga- Debbie 1:30p-2:30p SilverSneakers®MSROM- Linda 5:30p-6:30p Cycle- Sherry 5:30p-6:30p Zumba- Marissa 5:30p-7p Stretch & Strengthen Yoga- Cindi* 6:30p-7:30p Cardio Circuit- Jennipher 7p-8p- Basic Water-Julianne</p>	<p>23 8:15a-9:10a Deep Water- Kathleen 9a-9:30a Sculpt Express- Jessie 9:15a-10a Stretch & Tone Water-James 9:30a-10:30a Cycle-Jessie 4:30p-5:30p Cycle- Connie 5:30p-6:25p Cardio Kickbox-Sherry 5:30p-6:25p Techno Tuesday Cycle - Jennipher 6:30p-7:30p Drop It, Rip It- Jennipher</p>	<p>24 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt-Kimberly 8:15a-9:10a Deep Water- Kathleen 9a-9:25a Circuit Breaker- Suzette 9:15a-10:10a Basic Water- Pam S 9:30a-10a Pilates- Suzette 10:30a-11:30a- SilverSneakers® Cardio Circuit-Debbie 5:30p-7p Core Fusion Yoga- Cindi* 5:30p-6:30p Cycle- Paul 5:45p- 6:25p Step- Jennipher 6:30p-7:30p Zumba- Jennipher</p>	<p>25 8:15a-9:10a Deep Water- Kyrin 9:15a-10a Stretch & Tone Water- James 9:30a-10:25a Cycle- Lori 10a-10:30a Cardio Express- Pam S 10:30a-11a Sculpt Express- Pam S 4:30p-5:30p Cycle- Connie 5:30p-6:30p Cardio Kickbox- Pam B. 5:30p-6:30p Cycle Circuit- Paul 6:30p-7:00p BLT- Paul 7:00p-7:30p Power Abs- Paul 7p-8p- Basic Water-Jermaine</p>	<p>26 5:30a-6:15a Cycle- Cindi 6a-6:45a Step/Sculpt- Cathy 8:15a-9:10a Deep Water- Suzette 9a-9:30a Cardio Express-Debbie 9:15a-10:10a Basic Water- Suzette 9:30a-10a Sculpt/Yoga Fusion-Debbie 10a-10:30 Yoga Stretch-Debbie 10:30a-11:30a Silver Sneakers® MSROM-Debbie</p>	<p>27 8:30a-9:25a Cycle -Jessie 9a-10a Cardio Kickbox - Sherry 10a-11:30a Yoga-Caroline 10a-11a Basic Water- Jermaine</p>